



WELL CHILD EXAM - INFANCY: 12 MONTHS

(Meets EPSDT Guidelines)

DATE

INFANCY: 12 MONTHS

PARENT TO COMPLETE
ABOUT THE CHILD

CHILD'S NAME

DATE OF BIRTH

ALLERGIES

CURRENT MEDICATIONS

ILLNESSES/ACCIDENTS/PROBLEMS/CONCERNS SINCE LAST VISIT

YES NO

☐ ☐

My baby drinks from a cup.

YES NO

☐ ☐

My baby can make sounds.

☐ ☐

My baby eats a variety of foods.

☐ ☐

My baby pulls self to standing position.

☐ ☐

I am concerned that I have frequent times of sadness.

WEIGHT KG/OZ. PERCENTILE

HEIGHT CM/IN. PERCENTILE

HEAD CIR. PERCENTILE

Diet _____

Elimination _____

Sleep _____

☐ Hct/Hgb

☐ Lead Exposure ☐ Dental Referral

☐ Review Immunization Record

☐ Fluoride Supplements ☐ Fluoride Varnish

Health Education/Anticipatory Guidance: (Check all completed)

☐ Family Planning ☐ Safety ☐ Passive Smoke

☐ Development ☐ Crib Safety ☐ Appropriate Car Seat

☐ Infant Bond ☐ Feeding/colic ☐ Fever

☐ Teeth Cleaning ☐ Weaning ☐ Language Stimulation

☐ Discipline Limits ☐ Child care

☐ Other: _____

Assessment: _____

IMMUNIZATIONS GIVEN

REFERRALS

NEXT VISIT: 18 MONTHS OF AGE

HEALTH PROVIDER NAME

HEALTH PROVIDER SIGNATURE

HEALTH PROVIDER ADDRESS

INFANCY: 12 MONTHS

Your Baby's Health at 12 Months

Milestones

Ways your baby is developing between 12 and 18 months of age.

Speaks more and more words: 3-10 words by 15 months; 15-20 words by 18 months.

Stacks two or three blocks.

Walks well, climbs steps with help.

Knows names of some body parts (such as eyes, nose, ears) and can point to them.

Follows simple directions.

You help your baby learn new skills by playing with her.

For Help or More Information

Child Care Questions: Washington State Child Care Resource & Referral Network, 1-800-446-1114.

Support for Parents of Children with Special Needs: Washington State Parent to Parent Program, 1-800-821-5927.

Poison Prevention: Washington Poison Center, 1-800-732-6985 (voice), 1-800-572-0639 (TTY Relay); Call 911 in an emergency.

Child health and development, immunizations: Healthy Mothers, Healthy Babies Information and Referral Line, 1-800-322-2588 (voice) or 1-800-833-6388 (TTY Relay)

Health Tips

Immunize your baby on time to protect her from many very serious diseases. If she has missed any doses of vaccine, make an appointment to catch up. Bring your baby's immunization history card with you to checkups. If you have questions about immunizations, ask the doctor or nurse.

By now, your baby should be eating a variety of nutritious solid foods. Small pieces of soft table foods can give him the nutrition he needs.

If your baby has been using a bottle, start to switch him to a cup. If you are still breast feeding, keep it up!

Brush your baby's teeth at least once a day. Start to use a tiny, pea-sized piece of toothpaste with fluoride. Take your baby for her first dental checkup.

Parenting Tips

Play, read, and talk with your baby every day. Repeat songs and nursery rhymes that he likes.

Talk to your baby about what you want her to do. Remember, she is not old enough to do what you ask! She can understand more words than she can say. Praise her when she does things that you like.

Play, read, and talk with your baby every day. Repeat songs and nursery rhymes that he likes.

Safety Tips

As your baby learns to walk and climb, make sure your home is safe for her to explore. Keep the floor clean, lock poisons away in a closet, put breakable things on a high shelf, keep gates closed on stairs.

Babies can choke on small objects. Keep small, hard, round objects (coins, small blocks) out of reach. Avoid giving your baby round pieces of foods, such as hot dog slices, grapes, or nuts, to eat.

Keep your baby in a car seat. At age one, you can turn him to face forward if he has reached 20 pounds.

Guidance to Physicians and Nurse Practitioners for Infancy (12 months)

The following highlight EPSDT screens where practitioners often have questions. They are not comprehensive guidelines.

Fluoride Screen

Check with local health department for fluoride concentration in local water supply, then use clinical judgment in screening. Look for white spots or decay on teeth. Check for history of decay in family.

Lead Screen

Screen infants for these risk factors:

- Live in or frequently visit day care center, preschool, baby sitter's home or other structure built before 1950 that is dilapidated or being renovated.
- Come in contact with other children with known lead toxicity (i.e., blood lead 15 ug/dl).
- Live near a lead processing plant or with parents or household members who work in a lead-related occupation (e.g., battery recycling plant).

Polio Virus Vaccine

Give a dose of inactivated polio virus (IPV) vaccine:

- at 2 months.
- at 4 months.
- at 6-18 months.

Developmental Milestones

Always ask parents if they have concerns about development or behavior. You may use the following screening list, or use the Ages and Stages Questionnaire, the Denver II, the ELMS2 (a language screen), or the MacArthur Communications Development Inventory.

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	<u>Stands alone 2 seconds.</u>
<input type="checkbox"/>	<input type="checkbox"/>	Walks with help.
<input type="checkbox"/>	<input type="checkbox"/>	Says "Dada" and Mama" specifically.
<input type="checkbox"/>	<input type="checkbox"/>	<u>Responds to "no".</u>
<input type="checkbox"/>	<input type="checkbox"/>	Precise pincer grasp.
<input type="checkbox"/>	<input type="checkbox"/>	Indicates wants by pointing or gestures.
<input type="checkbox"/>	<input type="checkbox"/>	<u>Responds to "pat-a-cake" or waving "bye-bye".</u>
<input type="checkbox"/>	<input type="checkbox"/>	<u>Bangs 2 blocks together.</u>
<input type="checkbox"/>	<input type="checkbox"/>	Avoids eye contact.
<input type="checkbox"/>	<input type="checkbox"/>	Concerned child cannot hear or "tunes out."

Instructions for developmental milestones: At least 90% of infants should achieve the underlined milestones by this age. If you have checked "no" on *even one* of the underlined items, or if you have checked one of the **boxed items** (abnormal behavior at this age), refer the infant for a formal developmental assessment.

Notes: Immunization schedules are from the Advisory Committee on Immunization Practice of the U.S. Centers for Disease Control and Prevention. **Parents and providers may call Healthy Mothers, Healthy Babies with questions or concerns on childhood development.**